

## Breakout Group: Early Childhood Settings

## RI Summit: Healthy Living & Active Living Collaborative

### **Breakout Group:** *Early Childhood Settings*

Please choose your top five objectives, then **rank** (1-5) according to priority, with 1 being your top priority.

- \_\_\_ 1.) Increase the number of licensed child care facilities that provide menus consistent with the 2005 Dietary Guidelines for Americans.
- \_\_\_ 2.) Increase the number of licensed child care facilities that implement nutrition guidelines for all foods and beverages served or brought from home.
- \_\_\_ 3.) Increase the number of licensed child care facilities that provide nutrition education for parents and children.
- \_\_\_ 4.) Increase the number of licensed childcare providers that have policies that support physical activity.
- \_\_\_ 5.) Increase the number of licensed childcare providers that have programs that support physical activity.
- \_\_\_ 6.) Increase the number of licensed childcare providers that implement policies or programs to reduce screen time.
- \_\_\_ 7.) Increase the number of licensed child care facilities and home day care providers that implement policies, programs and environments that support breastfeeding mothers.

## RI Summit: Healthy Living & Active Living Collaborative

**Breakout Group:** *Early Childhood Settings*

**Topic Area:** *Nutrition*

*1.) Increase the number of licensed child care facilities that provide menus consistent with the 2005 Dietary Guidelines for Americans.*

### **Example Strategies:**

- 1.) Partner with Child Care Liaison, Child Nutrition Programs, Child Care Providers, Head Start, Kids First, the Food Stamp Nutrition Education Program, etc. to develop and implement a training program for licensed childcare facilities.
- 2.) Develop and implement a state policy requiring child care program meals to be consistent with dietary guidelines.
- 3.) Consider using North Carolina NAPSACC Program to assess and improve child care meals.
- 4.) Provide technical assistance, resources, and toolkits for child care providers regarding Dietary Guidelines and meal planning.
- 5.) Develop and implement monitoring system to insure compliance with guidelines.
- 6.) Develop and implement Award Program to recognize Child Care Programs meeting or exceeding the guidelines.

### **Additional Strategies:**

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## RI Summit: Healthy Living & Active Living Collaborative

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**Topic Area:** *Nutrition*

2.) *Increase the number of licensed child care facilities that implement nutrition guidelines for all foods and beverages served or brought from home.*

### **Example Strategies:**

- 1.) Partner with Early Childhood Workgroup, Communications Work Group, HEALTH Child Care Liaison, WIC, Head Start, Kids First, Child and Adult Care Food Program, the Food Stamp Nutrition Education Program, etc.
- 2.) Identify and implement nutrition education programs for parents and children to use in child care facilities.
- 3.) Adapt existing nutrition education materials or create/order new ones that deliver age-appropriate educational materials with consistent nutrition messages for children and their parents.
- 4.) Identify sustainable funding for production and distribution of materials.
- 5.) Develop distribution mechanism for educational materials.
- 6.) Provide training for Child Care Providers in nutrition education for parents and children.
- 7.) Provide workshops.
- 8.) Consider using North Carolina NAPSACC model program.
- 9.) Develop and disseminate PowerPoint presentations, videotapes, DVD's and online programs for child care providers.

### **Additional Strategies:**

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**Topic Area:** *Nutrition*

3.) *Increase the number of licensed child care facilities that provide nutrition education for parents and children.*

### **Example Strategies:**

- 1.) Partner with Early Childhood Workgroup, Communications Work Group, HEALTH Child Care Liaison, WIC, Head Start, Kids First, Child and Adult Care Food Program, the Food Stamp Nutrition Education Program, etc.
- 2.) Identify and implement nutrition education programs for parents and children to use in child care facilities.
- 3.) Adapt existing nutrition education materials or create/order new ones that deliver age-appropriate educational materials with consistent nutrition messages for children and their parents.
- 4.) Identify sustainable funding for production and distribution of materials.
- 5.) Develop distribution mechanism for educational materials.
- 6.) Provide training for Child Care Providers in nutrition education for parents and children.
- 7.) Provide workshops.
- 8.) Consider using North Carolina NAPSACC model program.
- 9.) Develop and disseminate PowerPoint presentations, videotapes, DVD's and online programs for child care providers.

### **Additional Strategies:**

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**Topic Area:** *Physical Activity*

4.) *Increase the number of licensed childcare providers that have policies that support physical activity.*

### **Example Strategies:**

- 1.) Partner with Head Starts.
- 2.) Use NAPSACC assessment tool.
- 3.) Train counselors to assist preschools in making changes based on NAPSACC assessment.
- 4.) Advocate for regulations that require assessment and subsequent changes.
- 5.) Advocate for institutionalizing policies that require PA and ongoing training.
- 6.) Provide preschools and Head Starts with best practices and NASPE guidelines.
- 7.) Educate center leaders about the benefits of PA in early childhood.
- 8.) Secure funding for purchase and implementation of NAPSACC and ongoing trainings.
- 9.) Develop a legislative agenda.

### **Additional Strategies:**

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**Topic Area:** *Physical Activity*

5.) *Increase the number of licensed childcare providers that have programs that support physical activity.*

### **Example Strategies:**

- 1.) Utilize SPARK EC.
- 2.) Develop a legislative agenda.

### **Additional Strategies:**

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**Topic Area:** *Screen Time*

6.) *Increase the number of licensed childcare providers that implement policies or programs to reduce screen time.*

**Example Strategies:**

- 1.) Review Dennison's research for applicability.

**Additional Strategies:**

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**Topic Area:** *Breastfeeding*

*7.) Increase the number of licensed child care facilities and home day care providers that implement policies, programs and environments that support breastfeeding mothers.*

### **Example Strategies:**

- 1.) Partner with HEALTH Child Care Liaison, Child Nutrition Program, Healthy Child Care Rhode Island, Child Care Support Network, CHILDSPAN, Successful Start, Child Care Directors' Association, Family Child Care Homes of RI and the Department of Youth, Children and Families (licensing).
- 2.) Develop state policy regarding breastfeeding support at child care facilities and incorporate breastfeeding guidelines into new child care licensing regulations.
- 3.) Assist child care providers in creating a space for mothers to breastfeed their children on-site.
- 4.) Create recognition program for child care facilities that support and promote breastfeeding.
- 5.) Provide ongoing technical assistance and resources for child care providers.
- 6.) Consider implementing North Carolina NAPSACC Program.

### **Additional Strategies:**

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